

**BY ORDER OF THE COMMANDER  
HILL AIR FORCE BASE**

**AIR FORCE INSTRUCTION 10-248**



**HILL AIR FORCE BASE  
Supplement 1**

**14 SEPTEMBER 2005**

**Operations**

**FITNESS PROGRAM**

**"HOLDOVER"**

***"The basic publication has changed; impact on supplemental information is under review by the OPR. Users should follow supplemental information that remains unaffected."***

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

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OPR: 75 AMDS/SGPZ (Major Shelly Cameron)

Certified by: 75 MDG/CC  
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Pages: 2

Distribution: F

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**AFI 10-248, 1 January 2004 is supplemented as follows :**

Maintain and dispose of records in accordance with AFMAN 37-123, *Management of Records*, and the AFRIMS Records Disposition Schedule (RDS).

A8.3.4. Hill AFB public webpage will have a "FITCON" icon available to .mil users to indicate if temperature, wind speed, and UV are within acceptable test parameters. Unit Fitness Leaders are to check the Hill AFB webpage prior to administering fitness tests.

A8.3.5. When lightning/hail is observed within 25 miles, 75 OSS/OSW initiates a reporting chain to include Command Post (75 ABW/CP), Mission Support Group Services (75 MSG/SV) and the Hess Fitness Center. The fitness center staff will display a sign at each running course stating the condition and no testing will be conducted. The process repeats when lightning/hail is no longer within 25 miles.

A8.3.11. During the winter months, the Hill Safety Office (OO-ALC/SE) will evaluate the running courses daily for possible snow, ice, water or mud hazards. The Hess Fitness Center staff will display a sign indicating unsafe conditions as appropriate. In addition, a sign will be permanently placed at the site by 75 AMDS/SGPZ (HAWC) stating the following: "Personnel use this course at their own risk. The presence or absence of information at this locale indicating the current condition of the course is for official fitness testing only and does not relieve users of the responsibility to check course condition for themselves." FITCON will also reflect safety conditions via manual override.

A8.3.18. It is the Unit Fitness Leader's responsibility to have a cell phone available in the event that emergency medical services are needed during testing. Hill AFB does not have any emergency medical services, if needed a call should be placed to 911.

A8.3.19. (Added) When determined by the Utah Division of Air Quality that the air quality for Davis County is "red" or "hazardous" the FITCON will reflect no fitness testing that day.

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